



The Healthy Montana Child Care Challenge
Eating Together Playing Together for a Healthy Montana
2008 - 2009



What is it? A healthy habit challenge program for child care providers for a three-month time period (November 2, 2008 - February 1, 2009).

The Healthy Montana Child Care Challenge is an incentive program for individual child care providers to motivate them to practice healthy habits for their own health and to be a healthy role model. This three month program challenges providers to practice up to six habits a day which focus on healthy behaviors consistent with the 2005 Dietary Guidelines for Americans and recommended feeding practices for children. The six habits are categorized into two parts; part one is healthy habits for your own health and part two is for being a healthy role model at work. Using the attached forms, participants keep track of the healthy habits they practice and receive two points for each habit they practice a day. At the end of the three-month period, November through February 1st, they tally their total points and submit their record sheet and information sheet to the Montana Team Nutrition Program at Montana State University.

Why participate? Upon completion, each participant will receive a Certificate of Completion for being a Healthy Child Care Role Model and for taking action for improving their own health. Participants that complete this challenge will be entered into a drawing to win one of three (\$50) gift cards to Barnes and Noble. The number of entries each participant receives will be dependent upon their total score. The higher the achievement level the participant is able to achieve, the more chances they will have to win a gift card. The points are assigned to specific achievement levels as follows: Platinum Level - 950 points or more, 4 entries into the drawing; Gold Level - 800-949 points, 3 entries; Silver Level - 600-799 points, 2 entries; Bronze Level - 500-599 points, 1 entry.

This program is being sponsored by the Montana Team Nutrition Program located at Montana State University, Bozeman, Montana in cooperation with the Early Childhood Services Bureau/DPHHS-State of Montana.

How to sign up? Fax the registration form (by November 1, 08) to 406-994-7300 or mail to Katie Bark, MSU, P.O. Box 173360, Bozeman, MT 59717-3360. For more information: 406-994-5641 or e-mail kbark@mt.gov.

Pre-registration Deadline: November 1, 2008 Please print

☐ **Yes! I want to take the Healthy Montana Child Care Challenge.**

Name: _____ Home address: _____

City _____ Zip: _____ Phone: _____

E-mail: _____

Number of children you provide child care services to per day: _____

Age range of children you provide child care services to: _____

Name: _____

Time Period: Nov 2008 - Feb 2009

Healthier Montana Child Care Challenge

Record healthy habits each day starting on November 2 through February 1 (13 weeks)

Part 1: Points Earned for Healthy Habits for your Own Health!

(Add 2 points for each activity completed daily)

1. Obtained 30 minutes of physical activity (enter in first row)
2. Ate 2 cups or more of fruits or vegetables (enter in second row)
3. Drank 44 ounces (2 servings of bottle) of plain water (enter in third row)

November 2 - November 22

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1.																					
2.																					
3.																					

Total points earned for these 3 weeks: _____

November 23 - December 13

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1.																					
2.																					
3.																					

Total points earned for these 3 weeks: _____

December 14 - January 3

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1.																					
2.																					
3.																					

Total points earned for these 3 weeks: _____

January 4 - January 24

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1.																					
2.																					
3.																					

Total points earned for these 3 weeks: _____

January 25 - February 1

	S	M	T	W	T	F	S
1.							
2.							
3.							

Total points earned for this week: _____

SUBTOTAL Points for 13 Weeks: _____

Name: _____

Time Period: Nov 2008 - Feb 2009

Healthier Montana Child Care Challenge

Record healthy habits each day starting on November 2 through February 1 (13 weeks)

Part 2: Points Earned for being a Healthy Role Model at Work!

(Add 2 points for each activity completed daily)

4. Sat down and eat same meals/snacks with children (enter in first row)
5. Played and moved with children during free play time (enter in second row)
6. Other: _____ (enter in third row)

November 2 - November 22

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4.																					
5.																					
6.																					

Total points earned for these 3 weeks: _____

November 23 - December 13

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4.																					
5.																					
6.																					

Total points earned for these 3 weeks: _____

December 14 - January 3

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4.																					
5.																					
6.																					

Total points earned for these 3 weeks: _____

January 4 - January 24

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4.																					
5.																					
6.																					

Total points earned for these 3 weeks: _____

January 25 - February 1

	S	M	T	W	T	F	S
4.							
5.							
6.							

Total points earned for this week: _____

SUBTOTAL Points for 13 Weeks: _____ (this page) + _____ (previous page) = _____ TOTAL

Submit these 2 pages by Friday, February 6, 2009 to MT Team Nutrition-Fax: 406-994-7300